

So what should I eat to help control my

Type 2 Diabetes & lose weight? A lower carb approach

The problem with having diabetes is your metabolism struggles to deal with sugar, which becomes almost a poison.

It seems logical to cut back it's consumption dramatically.

But where might your sugar burden be coming from?

Remember starchy carbs digest down into sugar

Three different sources of sugars that make up our total dietary 'sugar burden' shown as 4g teaspoon of table sugar equivalents*

1. Naturally occurring sugars	2. Foods with added sugars	3. Foods digested down into sugars
Banana 4.9 teaspoons/100g	Coco Pops® average 24.4teaspoons/100g	Brown bread 10.8 teaspoons/100g
Honey 17.6 teaspoons/100g	Fanta orange 3.4 teaspoons/100ml	Boiled spaghetti 3.7 teaspoons/100g
Skimmed Milk 0.9 teaspoons/100ml	Digestive biscuits 8.8 teaspoons/100g	French fries 5.1 teaspoons/100g
Raisins 17.1 teaspoons/100g	Malt loaf 14.7 teaspoons/100g	Basmati rice 6.8 teaspoons/100g
Apple juice 4.3 teaspoons/100ml	Raspberry yoghurt 2.4 teaspoons/100g	Baked potato 6.3 teaspoons/100g

*As each food would effect blood glucose, from the International tables of glycaemic index and glycaemic load (Atkinson, Foster-Powell et al. 2008) as per the calculations in a paper published in The Journal of Insulin Resistance 'It's the glycaemic response to, not the carbohydrate content of food that matters in diabetes and obesity: The glycaemic index revisited.' DJ Unwin et al.

Food Item	Glycaemic index	Serve size g	How does each food affect blood glucose compared with one 4g teaspoon of table sugar?
Rice	69	150	10.1
Mash	96	150	9.1
Chips	64	150	7.5
Spaghetti	39	180	6.6
Sweet corn	60	80	4.0
Frozen peas	51	80	1.3
Banana	62	120	5.7
Apple	39	120	2.3
Wholemeal Small slice	74	30	3.0
Broccoli	15	80	0.2
Eggs	0	60	0

Other foods in the very low glycaemic range would be chicken, oily fish, almonds, mushrooms, cheese

Important on medication for diabetes? Check this with your doctor

Added sugar, cut it out altogether or you are less likely to ever be in control of your diabetes. Although it will be in the blueberries, strawberries and raspberries you are allowed to eat. Cakes and biscuits are a mixture of sugar and starch that make it almost impossible to avoid food cravings; they just make you hungrier!!

Reduce starchy carbs a lot (remember they are just concentrated sugar).If possible cut out the 'White Stuff' like bread, pasta, rice or breakfast cereals.

All green veg/salads are fine – eat as much as you can. So that you still eat a good big dinner try substituting veg such as broccoli, courgettes or green beans for your mash, pasta or rice – still covering them with your gravy, Bolognese or curry! Tip: try home-made soup – it can be taken to work for lunch and microwaved. Mushrooms, tomatoes, and onions can be included in this. Aldi and Tesco now sell cauliflower rice!

Fruit is trickier; some tropical fruits like bananas, oranges, grapes, mangoes or pineapples have too much sugar in and can set those carb cravings off. Berries are better and can be eaten; blueberries, raspberries, strawberries, apples and pears too.

Proteins such as in meat, eggs (three eggs a day is not too much), fish – particularly oily fish such as salmon, mackerel or tuna –are fine and can be eaten freely. Plain **full fat** yoghurt makes a good breakfast with the berries. Processed meats such as bacon, ham, sausages or salami are not as healthy and should only be eaten in moderation.

Fats (yes, fats can be fine in moderation): olive oil is very useful, butter may be tastier than margarine and could be better for you! Coconut oil is great for stir fries. Four essential vitamins A, D, E and K are only found in some fats or oils. Please avoid margarine, corn oil and vegetable oil. **Beware 'low fat' foods.** They often have sugar or sweeteners added to make them palatable. Full fat mayonnaise and pesto are definitely on!! Cheese: in moderation – it's a very calorific mixture of fat, and protein.

Snacks: avoid, as habit forming. But un-salted nuts such as almonds or walnuts are OK to stave off hunger. The occasional treat of strong dark chocolate 70% or more in small quantity is allowed.

EATING LOTS OF VEG WITH PROTEIN AND HEALTHY FATS LEAVES YOU PROPERLY FULL IN A WAY THAT LASTS.

Finally, about sweeteners and what to drink – sweeteners have been proven to tease your brain into being even hungrier, making weight loss more difficult – drink tea, coffee, and water or herb teas. (100ml milk is 1 teaspoon of sugar) **Alcoholic drinks** are often full of carbohydrate – for example, beer is almost 'liquid toast' hence the beer belly!! The odd glass of dry white, red wine or spirits is not too bad if it doesn't make you hungry afterwards – or just sparkling water with a slice of lemon. **PS** you may need more salt